

# DINNERLY



## Indian Haloumi and Spinach Curry with Basmati Rice



25 minutes



2 Servings

Inspired by palak paneer, a mild vegetarian curry based on Indian cottage cheese, this dish tosses ever-popular haloumi into a warming mix of tomato and spinach for dinner that's fabulously fast and full of flavour.



### WHAT WE SEND

- 150g basmati rice
- 1 onion
- 150g baby spinach leaves
- 1 tomato
- 180g haloumi <sup>7</sup>
- 1 long green chilli
- 5g cumin and coriander spice blend

### WHAT YOU NEED

- 2 garlic cloves
- 20g butter <sup>7</sup>
- 2 tsp olive oil
- 1 tbs tomato paste

### TOOLS

- medium saucepan
- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Milk (7). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 700kcal, Fat 34.8g, Carbs 68.0g, Proteins 28.8g



#### 1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 12 mins or until tender. Reserve **125ml (½ cup) cooking water**, then drain the rice.



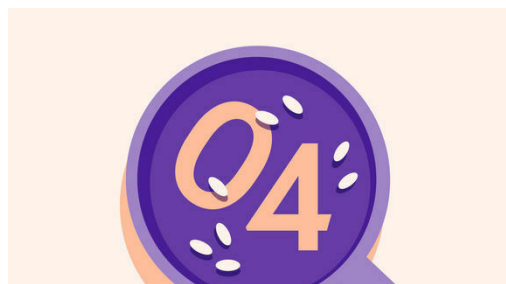
#### 2. Prep ingredients

Meanwhile, finely chop the **onion**. Coarsely chop the **spinach leaves** and **tomato**. Cut the **haloumi** into 1.5cm chunks. Thinly slice the **chilli**, removing the seeds if less heat is desired. Crush or finely chop **2 garlic cloves**.



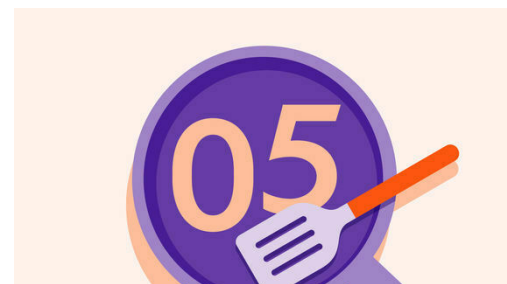
#### 3. Saute veggies

Melt **20g butter** and **2 tsp olive oil** in a medium saucepan over medium-high heat. Stir-fry the **onion** and **garlic** for 2-3 mins until softened. Add the **spinach** and **cumin and coriander spice blend** and cook for 30 secs or until fragrant.



#### 4. Simmer curry

Add the **tomato**, **reserved cooking water** and **1 tbs tomato paste** to the pan. Reduce the heat to medium and cook, covered, for 8 mins or until the tomato starts to break down and the sauce starts to thicken. Add the **haloumi** and cook, uncovered, for a further 1 min or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**.



#### 5. Serve up

Divide the **rice** and **curry** among bowls. Scatter over the **chilli** and enjoy!



#### 6. Did you know?

Haloumi is a brined, slightly springy white cheese originally from Cyprus. Traditionally it was made from a mixture of goat and sheep milk, although these days cow milk is also used. The haloumi we use is made using vegetable rennet, so it's suitable for vegetarians.